

# Support Groups

## Advocate Health Care Support Groups

Advocate Health Care offers a wide range of support groups, including:

- Grief Sharing Support Group
- Loss of Spouse/Partner Support Group
- Young Widow/Widower Grief Support Group
- Complicated Grieving in a Pandemic World
- Loss of Parent Support Group

## **SamaraCare**

- [Virtual Group Counseling for College Students](#)
- [Coping & Relationship Skills Group for Adolescent Girls](#)

[Families Together](#)—1st and 3rd Thursday of the month. Open to any family member/friend or support person who is supporting an adult with intellectual disabilities and mental health concerns.

## NAMI Chicago Support Groups and Classes

- Peer Support Groups
- Family Support Groups
- And more

## JCSF Illness, Loss & Grief Support Groups

- Grief Support Groups
- Grieving a Loss to Suicide
- And more

## Virtual Recovery Meetings for the Jewish Community

- **Hashivenu**, Mondays at 6:30 p.m.
- **JACS Arizona**, First and third Wednesdays at 8:30 p.m.
- **JACS Chicago**, First and third Wednesdays at 7:30 pm.
- **JACS Indianapolis**, Last Wednesday of the month at 5:00 p.m.
- **Twelve Steps & Torah**, Saturdays at 4:00 p.m.